

1. In an exercise system including a elastomeric tube for providing resistive force, a handle and elastomeric tube connection, comprising:
  - a cylindrical handle including a hollow bore traversing its length having a first and second section of different diameters, the first section having a larger diameter than the second section and beginning at one end of and terminating within the handle, thereby defining a recess with an annular rim;
  - elastomeric tubing extending through the hollow bore, the tubing having at least a first segment having an outer diameter approximating the diameter of the first section of the bore, and a second segment approximating the diameter of the second section of the bore; and
  - a plug having a diameter greater than the diameter of the second section of the bore and approximating the inner diameter of the first segment of the tube fit tightly within the first segment of the tube within the recess, the annular rim preventing the translation of the plug and first tube segment disposed between the plug and first section of the bore.
2. The handle and elastomeric tube connection of claim 1, wherein the elastomeric tube width is between 1/16" and 1/4".
3. The handle and elastomeric tube connection of claim 1, wherein the elastomeric tube is composed of latex.
4. The handle and elastomeric tube connection of claim 1, wherein the cylindrical handle is composed of metal.
5. The handle and elastomeric tube connection of claim 1, wherein the cylindrical handle has a knurled exterior surface.

6. In an exercise system, comprising:
  - a elastomeric tube having a first end and a second end;
  - at each of said elastomeric tube ends,
    - a cylindrical handle including a hollow bore traversing its length having a first and second section of different diameters, the first section having a larger diameter than the second section and beginning at one end of and terminating within the handle, thereby defining a recess with an annular rim,
    - said elastomeric tubing extending through the hollow bore, the tubing having at least a first segment having an outer diameter approximating the diameter of the first section of the bore, and a second segment approximating the diameter of the second section of the bore, and
    - a plug having a diameter greater than the diameter of the second section of the bore and approximating the inner diameter of the first segment of the tube fit tightly within the first segment of the tube within the recess, the annular rim preventing the translation of the plug and first tube segment disposed between the plug and first section of the bore.
7. The exercise system of claim 6, wherein, between the pair of cylindrical handles, the elastomeric tubing further comprises a third segment of diameter greater than the diameter of the second section of each bore of each handle.
8. The exercise system of claim 6, wherein the elastomeric tube width is between 1/16" and 1/4".
9. The exercise system of claim 6, wherein the elastomeric tube is composed of latex.
10. The exercise system of claim 6, wherein the cylindrical handle is composed of metal.

11. The exercise system of claim 6, wherein the cylindrical handle has a knurled exterior surface.